

THE COMMUNITY ENRICHMENT PROGRAM PRESENTS:

How to Have Devices Not Be Divisive for our Families

A Weekend Workshop With Kim Payne, M.Ed.

Not anti-screen but pro-connection to nature and people, the workshop topics include:

How to maintain loving limits, warm, firm and calm discipline and strong family connections in a world where increasingly "screens are supreme"

How to build focus, grit and good judgment so that our kids do not become overwhelmed with media driven images but can shape their own self esteem, hopes and dreams.

How to encourage respect when negative images of adults pervade pop culture.

Fitting in with friends. "Won't my kids be disadvantaged if I limit screen media?"

Aloneness vs. Loneliness. Helping kids know the difference. The alluring world of no boundaries that screen use develops and how this makes discipline and guidance difficult.

Virtuous vs. Virtual. Building real and enduring relationships with people who will "be there" for you when times get tough.

Parking is limited. Please consider alternative transportation. Bikes encouraged! MUNI lines 1, 3, 24 accessible. GRADE SCHOOL CAMPUS 2938 Washington Street San Francisco, CA 94115 415.931.2750

Lecture

Saturday Feb. 1, 2020 7pm - 9pm **Workshop** Sunday Feb. 2, 2020 9am - 12:30pm

Suggested Donation: \$100 Register at **sfwaldorf.org**



Kim Payne, M.ED., is an educator, researcher, counselor, and the bestselling author of *Simplicity Parenting*. In

each role, he has been helping children, adolescents and families explore issues like social challenges; attention, emotional, and behavioral issues; and the importance of living a balanced simple life.

"I am not negatively anti screen for kids, but passionately pro connection. Connection to the things that matter like the natural world, friends, play, family and to their own beautiful but delicate emerging values. Screens interrupt these crucial connections and that has got to be suspicious."